



# Family FactLine

*Family Newsletter of the 4th Marine Corps Recruiting District*

*Volume XIII, Number 1*

*January 2010*

*District Corner*

## From the Commanding Officer's Desk



Greetings to the Families of 4th Marine Corps Recruiting District,

Welcoming in the New Year is more than just getting a new calendar; it also is an opportunity for new beginnings. We should take time to enjoy the memories and successes of 2009. In 2010, we find ourselves in a new year filled with new and exciting prospects and opportunities. These opportunities are not limited to improving the things which matter most to us, but encompass creating or starting something new. Maybe this is the year you go back to school, learn a new skill or hobby, get a new job or just decide to spend more time with your family. Make the most of the opportunities to volunteer in your community and in the Unit Family Readiness Program by contacting your Recruiting Station Deputy Family Readiness Officer and asking what opportunities are available.

In each newsletter we share information about upcoming events and programs that should be of interest to you. As you take a few moments to read through it, notice the valuable resources available to you. I encourage you to utilize and share them with other service members and families in your area that may not be aware of them. We have several Marine families who are new to the District identified on page 2. Please extend a friendly warm welcome to them as you all meet at various functions.

I would like to challenge you to continue the outstanding support you provide daily to your Marine, the Marine Corps and the 4th Marine Corps Recruiting District in this New Year and seize every opportunity for something new.

Semper Fidelis,  
Charles J. Tulaney  
Colonel, U. S. Marine Corps



*Military OneSource*

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## PAPERBACK/PLAYAWAY BOOKS HAVE RETURNED

The free paperback and Playaway books have returned! Military OneSource has a limited supply of books and will be consolidating the library to have larger quantities of fewer titles to be able to distribute the books to more users. They also have a new policy for ordering: users will be limited to 10 paperback and/or Playaway books in a one year time period. The year will begin when the user orders their first book or Playaway. Users will also be limited to order one (1) of each title. This policy will be posted on the Library page (located on the Tools tab) or available at [www.MilitaryOneSource.com/library](http://www.MilitaryOneSource.com/library).





## WELCOME TO 4th DISTRICT!

Welcome to these new Marines and their families:



### ❖ **RS Baltimore:**

- ◆ Cpl Jonathan Alfaro
- ◆ Sgt John Bailey Jr.
- ◆ Sgt Thomas & Ariana Donaloio
- ◆ Cpl Olusegun Falode
- ◆ SSgt Michael Felton
- ◆ Sgt Lovet & Akie Harris
- ◆ SSgt Donnie & Arista Hill
- ◆ SSgt Lande Hollis & Kenya Hurd
- ◆ SSgt Chad Logan
- ◆ Sgt Ron & Quatterris McClinton
- ◆ Sgt Tyron & Ebonee Scott
- ◆ Sgt Mark & Kelsey Williams

### ❖ **RS Charleston:**

- ◆ SSgt Khlaudiefe & Haydee Afos
- ◆ LCpl John Allen
- ◆ SSgt Mark Arroyo
- ◆ Sgt Adam & Jacqueline Beightol
- ◆ Sgt Justin Golden
- ◆ SSgt Paul Leiter III
- ◆ Cpl Bradley & Paula Logan
- ◆ SSgt Joshua & Danielle Macleod
- ◆ Sgt William & Jennifer Ryder
- ◆ Sgt Dustin & Meaghan Simons

### ❖ **RS Cleveland:**

- ◆ SSgt Robert & Christina Fertal
- ◆ SSgt Dareell & Allie Gibbs
- ◆ Sgt David & Amanda Millican
- ◆ Sgt Joshua & Latasha Mugrage
- ◆ Sgt Clayton & Laura Sturm
- ◆ SSgt Ryan & Jamie Wilson
- ◆ Sgt Cynthia Zermeno



### ❖ **RS Detroit**

- ◆ Sgt Jeffery Averette & Melissa Dugger
- ◆ SSgt Jason & Mary English
- ◆ SSgt George & Dwan Grimsley
- ◆ Sgt Scott McAdam Jr.
- ◆ SSgt Jaime & Tiffany Palomo
- ◆ SSgt Adam & Rebecca Parker
- ◆ SSgt Jamie Rice
- ◆ Sgt John & Jessica Rowland
- ◆ SSgt Gary & Kelly Smith
- ◆ Sgt Thomas & Amanda Wiley
- ◆ SSgt Joshua & Ashley Williams

### ❖ **RS Frederick:**

- ◆ Sgt Christopher & Tiffany Bartlett

- ◆ Sgt Luis Castro & Mirtha Mesiacordova
- ◆ GySgt Christopher & Arilla Hanzlik
- ◆ Sgt Steven & Valerie Myrick
- ◆ SSgt Salvador & Rosa Romo
- ◆ SSgt John & Stephanie Ward
- ◆ Sgt Donald & Heather Wetzel

### ❖ **RS Louisville:**

- ◆ 1st Lt Joseph Boling
- ◆ Sgt Brian Dufresne
- ◆ Cpl Joshua & Jamie Guidry
- ◆ Sgt Stephen & Ashlee Heeg
- ◆ Sgt Jonathan & Pamela Hill
- ◆ Sgt Timothy & Holley Hughett
- ◆ Sgt Oryan & Carime Hupp
- ◆ Cpl Justin & Samantha Wade
- ◆ Sgt David & Sara Wiggins

### ❖ **RS Raleigh:**

- ◆ Sgt Jeffery & Brandi Bethune
- ◆ Sgt Benjamin & Kathleen Chapman
- ◆ Sgt Jeffrey & Katie Chorn
- ◆ Sgt Michael & Roxie Crabtree
- ◆ SSgt James & Michelle Edgell
- ◆ SSgt Charles & Merry Fackler
- ◆ Sgt Ashley Gaskins
- ◆ Sgt Jason & Jessica Mabe
- ◆ SSgt Brandon Richard
- ◆ Sgt Charles & Christina Rohr
- ◆ LCpl Benjamin Thompson

### ❖ **RS Richmond:**

- ◆ SSgt Christopher & Analaita Constantin
- ◆ Sgt Christopher & Stephanie Cutlip
- ◆ Sgt Sheldon & Tiffany Demetrius
- ◆ Sgt Joseph & Karen Sherwood
- ◆ SSgt Derrick Williams

### ❖ **Prior Service Recruiting**

- ◆ SSgt Tajanna Boyd
- ◆ SSgt Brittany & Travis Neuman

### ❖ **And Welcome also to new staff at District HQ:**

- ◆ Cpl Kristopher & Deanna Atkinson
- ◆ SSgt David Brison
- ◆ Sgt Carolin Chavez
- ◆ GySgt Veronica DeLeon
- ◆ Cpl Marquise Dixon & Alanna Scott
- ◆ GySgt Kyle & Heather Wenzel



TRICARE

## TRICARE DENTAL PROGRAM PREMIUM RATES

Effective 1 February 2010, the monthly premium for the TRICARE Dental Program will increase. The monthly premium for an active duty family member single plan will increase from \$12.12 to \$12.69 and the monthly family plan premium will increase from \$30.29 to \$31.72. More information about TRICARE dental options and premium rates are available on their website at [www.tricare dentalprogram.com](http://www.tricare dentalprogram.com).



Education



## IN-STATE TUITION RATES FOR ALL



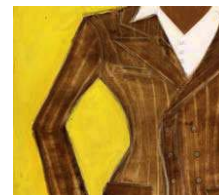
Public Law 110-315, Section 114 now allow members of the Armed Forces, their spouse or dependent children of a member to receive In-State Tuition rates at public institutions of higher education in a state that receives assistance under the public law. More information is available in MarAdmin 2-2010 or at the local education office on any military installation.



Military OneSource/Education

## MILITARY SPOUSE CAREER ADVANCEMENT ACCOUNT (MyCAA)

The Office of the Deputy Under Secretary of Defense for Military Community & Family Policy sponsor's the Military Spouse Career Advancement Account known as "MyCAA". The purpose of the MyCAA program is to provide spouses with up to \$6,000 of Financial Assistance for military spouses who are pursuing degree programs, licenses or credentials that lead up to employment in a portable career field. Eligible spouses can receive Financial Assistance in cost associated with education and training programs, tuition, and licensing or credentialing fees. These include degree programs (e.g. associates, bachelors, masters, doctoral and post doctoral), continuing education classes, BAR, CPA and other similar exams and state certifications for teachers, medical professionals and other licensed occupations. MyCAA also pays for High School Completion courses, GED tests and English as a Second Language (ESL) classes. For additional information about the program specifics or their Frequently Asked Questions contact Military OneSource at 1-800-342-9647 or their website at: [www.militaryonesource.com](http://www.militaryonesource.com)



Scholarships



## SCHOLARSHIPS FOR MILITARY CHILDREN



High School Students of active duty, reserve, and retired military members can win scholarship awards worth at least \$1,500 each thanks to a new Scholarship for Military Children program sponsored by the Defense Commissary Agency (DeCA) and the Fisher House Foundation. Students need a minimum 3.0 GPA to apply and must write a short essay on "You can travel back in time however, you cannot change events. What point in history would you visit and why?" Completed applications and essays must be returned to the student's local commissary before February 17, 2010. Applicants may submit their application at any commissary, however it is recommended that they submit the application where the sponsors normally shop or closest to where their sponsors live. If it is not possible (due to distance considerations) for the applicant to submit their application in person, they may also mail, UPS, or FedEx their completed applications. Packages should be addressed to the commissary and the attention of "Store Director." A complete list of commissaries, along with phone numbers, can be found at: [www.commissaries.com](http://www.commissaries.com). More information is available online at [www.militaryscholar.org](http://www.militaryscholar.org). Visit the above web sites for FAQ's concerning eligibility and other important information.



*"Life's most urgent question is: What are you doing for others?"*

*Dr. Martin Luther King Jr. (1929-1968)*





### **Military One Source Tax Filing Services**



Military One Source has started providing tax filing services for the 2009 tax season. They are providing this service utilizing H&R Block At HomeR online tax filing (formerly TaxCut), plus tax consultations by phone. Their tax services include free telephonic tax consultation and online tax filing services for federal and state income tax returns. To gain access to their free tax filing services, sign on at [www.militaryonesource.com](http://www.militaryonesource.com) and choose the tax filing services the link provided to their customized version of the tax filing site.

(PLEASE NOTE: Do not go to the public H&R Block website to create a user account. If you create your account on the H&R Block website instead of through the Military OneSource site, the H&R Block system will treat your account as a public account, and is not free.)

Military OneSource in partnership with the National Foundation for Credit Counseling (NFCC) also provides In-Person Financial Counseling in most locations. The National Foundation for Credit Counseling provides financial education and counseling services at hundreds of local offices nationwide. Military OneSource arranges for you to meet face-to-face with a financial consultant in your community. This program is specially designed to provide short-term, solution-focused financial counseling for service members and families. You can sign on at [www.militaryonesource.com](http://www.militaryonesource.com), or call 1-800-342-9647 and speak to their consultants to schedule an appointment today.

Military OneSource

You name it...we can help!

[www.militaryonesource.com](http://www.militaryonesource.com)



### **MARINE CORPS BATTLE COLORS**



Marine Barracks, Washington, D.C., holds the official Battle Colors of the Marine Corps. A duplicate is maintained in the office of the Commandant of the Marine Corps in the Pentagon. The Battle Colors bear the same fifty streamers authorized for the Marine Corps as a whole. These streamers represent U.S. and foreign unit awards as well as those periods of service, expeditions, and campaigns in which the Marine Corps has participated from the American Revolution to today.

During the Marine Corps' first 150 years, Marines in the field carried a variety of flags. It was not until 18 April 1925 that Marine Corps Order Number 4 designated gold and scarlet as the official colors of the U. S. Marine Corps. These colors, however, were not reflected in the official Marine Corps flag until 18 January 1939 when a new design incorporating the new colors was approved. This design was essentially that of today's Marine Corps standard, and was the result of a two-year study concerning the design of a standard Marine Corps flag, and the units to which such a flag should be issued.

The 54 colored streamers which adorn the Battle Colors represent the history and accomplishments of the Marine Corps. The newest streamers to be added to the Battle Colors are the Afghanistan and Iraq Campaign Streamers.

(Source: United States Marine Corps History Division)



### **COLD WEATHER AND EXERCISE**

Don't let winter weather be a convenient excuse for ignoring your exercise program. You can safely enjoy exercising in the cold air, with some precautions:

- Wear a hat; you lose most of your body heat when the head is exposed.
- Wear comfortable, waterproof shoes; ones with a good grip in ice and slush, flexible enough for comfort and roomy enough to accommodate heavy socks.
- Dress in layers; first thermal underwear to absorb perspiration and keep you dry, second for insulating warmth, third protection against wind and moisture (synthetic fabrics work best). Gloves work in layers too.
- Check your trail; Bad weather can make it treacherous.
- Mark your gear with reflective tape and carry a flashlight.
- Pay attention to the wind chill factor.



## ***Lifestyles, Insight, Networking, Knowledge and Skills (L.I.N.K.S.)***

Lifestyles, Insight, Networking, Knowledge, and Skills (L.I.N.K.S.) is an official Marine Corps Program developed by spouses for spouses to aid in adjusting to the military life. L.I.N.K.S. is a volunteer, team-mentoring program that offers orientation to the Marine Corps lifestyle, assisting in the ability to adapt to the unique challenges military life often presents. While the curriculum targets spouses new to the Marine Corps community, the information is very beneficial to spouses of all levels of Marine Corps experience.

The program works through a partnership of volunteer spouses, Marine Corps Family Team Building (MCFTB) staff, Marine Corps Career Retention Specialists, and the Chaplain Corps. The discussion group leaders are experienced military spouses who facilitate the learning process by using a mentoring style of presentation. The climate is informal, with a nurturing structure and format. Participants receive real life tips, information on the Marine Corps culture, and available resources to enable them to help themselves.

If interested in volunteering or learning more about this program, please feel free to contact Mr. David Boerst, the 4th Marine Corps District Lifeskills and L.I.N.K.S. trainer at (717) 770-8121 or via email at: David.Boerst@Marines.USMC.mil



## ***Family Readiness Network***

### ***FAMILY READINESS DIRECTORY***

#### **District Headquarters (800) 811-6104**

**FRO:** John Cook (717) 770-4788

#### **Recruiting Station Baltimore (800) 272-7391**

<b>FR Assistant</b>	<b>Family Readiness Officer</b>
Tiffany Bention	MSgt S DesChamps
(410)-682.0674	(301) 677-0552

#### **Recruiting Station Detroit (800) 892-7315**

<b>FR Assistant</b>	<b>Family Readiness Officer</b>
Liz Snell	GySgt J Malas
(734) 341-8032	(248) 761-4041

#### **Recruiting Station Raleigh (919) 790-3044**

<b>FR Assistant</b>	<b>Family Readiness Officer</b>
Bianca Strzalkowski	MGySgt D Jones
(919) 609-2073	(919) 790-3044

#### **Recruiting Station Charleston (800) 662-2909**

<b>FR Assistant</b>	<b>Family Readiness Officer</b>
Angela McKeone	GySgt W Caudill
(304) 872-2910	(304) 757-5028

#### **Recruiting Station Frederick (301) 668-2025**

<b>FR Assistant</b>	<b>Family Readiness Officer</b>
Mary Petty	GySgt M Rivas
(703) 851-7147	(301) 668-2025

#### **Recruiting Station Richmond (800) 436-6577**

<b>FR Assistant</b>	<b>Family Readiness Officer</b>
Jesse Leising	MSgt B Emmert
(760) 696-7170	(804) 272-0498

#### **Recruiting Station Cleveland (800) 862-3431**

<b>FR Assistant</b>	<b>Family Readiness Officer</b>
Holly Horton	GySgt J Horton
(440) 845-7400	(440) 243-4010

#### **Recruiting Station Louisville (800) 858-9269**

<b>FR Assistant</b>	<b>Family Readiness Officer</b>
Elisa Necaie	GySgt J Cobb
(859) 285-7574	(502) 582-6612



***"Everybody today seems to be in such a terrible rush, anxious for greater developments and greater riches and so on, so that children have very little time for their parents. Parents have very little time for each other, and in the home begins the disruption of peace of the world."***

***Mother Teresa (1910-1997)***





## ***INTERNET QUICK REFERENCE***

### **4th Marine Corps District**

<http://www.4mcd.usmc.mil>

### **Basic Allowance for Housing (BAH)**

<http://perdiem.hqda.pentagon.mil/perdiem/bahfaq.html>.

Contains answers to frequently asked questions

### **Childcare in your Neighborhood**

[www.naccrra.org/militaryprograms/](http://www.naccrra.org/militaryprograms/)

Childcare assistance for Recruiter Families

### **LIFELines**

<http://www.lifelines.navy.mil>

DOD quality of life services

### **Marine Corps Community Services**

<http://www.usmc-mccs.org>

MCCS services, catalogue, links to other sites

### **Marine Corps Home Page**

<http://www.usmc.mil>

Marine Corps information

### **Marine Corps Mom**

<http://www.geocities.com/Pentagon/Bunker/3957/index.html>

Lots of good interesting info and links

### **Marine Corps Recruiter Wives Site**

<http://groups.yahoo.com/group/MCRecruitersWives/>

Site set up by Recruiter spouse – good info and sharing

### **Military.com**

<http://www.military.com>

General military information site

### **Military Assistance Program**

<http://www.dod.mil/mapsite/>

DOD sponsored FSC information

### **Military Homefront**

<http://www.militaryhomefront.dod.mil>

Portal to military family quality of life issues

### **Military One Source**

<http://www.militaryonesource.com>

Answers to any almost any question you have!

### **TRICARE: Military Health Services**

<http://www.tricare.osd.mil>

Military health affairs information

### **TriCare Region North**

<http://www.healthnetfederalservices.com>

North Region providers, questions, etc.

### **TriCare Region South**

<http://www.humana-military.com/south/home.htm>

South Region providers, questions, etc.

### **United Concordia**

<http://www.ucci.com>

Your dental plan information

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"Friendship is a strong and habitual inclination of two persons to promote the good  
and happiness of one another."  
~~~~~

Eustace Budgell (1686-1737) from *The Spectator*

**4th Marine Corps District**

**(ATTN: FRO)**

**Bldg 54, Suite 3, Box 806**

**New Cumberland, PA 17070-0806**

**TO:**

